

# LOOKING AHEAD TIMES

*Where the Future is our  
Focus*



On the left colleagues delivering a meal on 1/31/2025 to Kayden'z Kitchen. On the right a picture of the Trinity Jubilee Center sign taken during the Clubhouse meeting. Both Photos captured by Keith.

## LAC Gives Back

In January we made a concerted effort to get in touch with and connect with area programs who care for the unhoused in our community. We were able to connect with Trinity Jubilee Center and to provide a meal for the Kayden'z Kitchen Warming Center. In each instance, we hoped to learn more about the services provided as well as how Looking Ahead Clubhouse (LAC) may be a support in the future.

Keith met with Tonya at Jubilee and was able to get a tour. Trinity helps feed, clothe and shelter many in the greater Lewiston-Auburn community, provide supports with connecting to case managers, and having a safe place where mail can be sent. Additionally, they are able to have a doctor stop by once per month. Tonya stressed those appointments fill up quickly as there is an ongoing need for medical and medication care among the unhoused. Tonya added for all the donations Trinity Jubilee is given, one of the biggest needs remains hairbrushes. We discussed inviting the staff of Trinity Jubilee come to LAC for lunch and a full tour. Brochures were provided to Trinity Jubilee about LAC.

At the end of January, the colleagues of LAC decided they wanted to make a meal for Kayden'z Kitchen as part of our extended evening program. As a community, we spent the day doing prep work, cooking, baking, and rolling silverware. The Clubhouse was filled with activity throughout the day as every unit collaborated to have everything ready. By 6:00 pm, Chris and a group of colleagues were ready to load a van and transport the meal. Chris later reflected the feeling of being able to connect with the staff and volunteers and the happiness to know LAC was giving back to the community and those in need.



Colleagues viewing art pieces at the Bates Art Museum. Photo captured by Jess.

## Grit and Glamour- LAC Visits Bates Art Museum

As LAC's and Bates' relationship continues to bloom, colleagues were invited to visit the on-campus art museum. The decision was made to make this an evening program for LAC to be able to tour, ask questions, and take pictures, while also being a part of the community.

"The trip to the Bates Museum of Art was a blast. I think everyone who went will agree the art was very cool. The staff there made sure we had good conversations about each piece. Many liked the Bridge Piece made from mirrors, dental floss and old teeth. All the art was amazing. We all had fun and had time to walk around afterwards. We are all hoping to go back sometime soon."- David M

The greatest reflection for the event was gratitude and appreciation for the opportunity. Being able to be welcomed in the community and experience something new, often leads to something different. Before this extended program, old teeth and dental floss likely never would have been the start of conversations or a way to discover things we have in common.

Thank you, Bates!



Keith and Chris, giving their presentation to the Chamber of Commerce.



# Brewing Connections

In January, Chris and Keith were able to attend and present at a Chamber of Commerce event: Brewing Connections. The day started by having time to sit with others, engage in conversations, build connections, and exchange business cards over a cup of coffee.

In a five-minute presentation, Chris and Keith talked about the Clubhouse Model and emphasized how the Clubhouse Model helps people regain their independence, build skills, find employment, and complete their educations. It was stressed working with a Clubhouse actually helps save the community money by having colleagues working which lowers the need for benefits and putting more money back into the local economy.





Left: Tim photo captured by Keith. Right: Josh photo captured by Krystal

### Changing Relationships- But Not Changing Our Vision

Tim started his first transitional employment (TE) position with Margaritas restaurant in November of 2024. Tim lives in an outlying town of Lewiston, and does not currently drive. The lack of public transportation and walkability in his neighborhood severely limited his employment opportunities. Tim reflected that having Clubhouse support with transportation is likely the main reason that he is able to work. Tim has also reflected that Margaritas was a lot of new work for him, as he had not rolled large quantities of silverware before or worked in a commercial kitchen for a long time. Having a placement manager support to help keep Tim and his colleagues on pace in the beginning was essential to him working through his training period.

In the Clubhouse world Tim's TE at Margaritas was considered to be "cut short." This is due to Margaritas ending their TE relationship with the Clubhouse, due to corporate re-structuring. Though Tim's TE might not have been the typical 6-9 months, Tim has reflected that being able to build his stamina and resume has been good for him, as he continues to re-enter the workforce. Though Clubhouse will no longer be working with Margarita's on TE, they are still an area employer that supports Clubhouse through fundraising and our supportive employment programs. We appreciate working with Margaritas on TE, and are excited for relationships with new employers to help continue our mission.

As for Tim, he is excited to start his new TE at Goodwill. Tim hopes to use his TE experience to build his resume and to work up to full-time work.

### Josh Celebrates One Year at Lewiston Public Schools

Josh works at Lewiston Public Schools as a part time custodian, he worked in the high school, moved over to the middle school and worked his way back to the high school. Josh has recently celebrated one full year of employment. In the past Josh's temper had negatively impacted his employment and lead to periods without income.

With Clubhouse's support Josh advocated for himself before his temper got the better of him. Keith (Clubhouse staff) and Josh advocated for supports, like working with management around his hours, and through disagreements with coworkers in a way demonstrated professionalism. With the help of Clubhouse Josh worked his way back to his preferred work site and a schedule that works for him.

Josh's goal will be to work full time so that he can become a head custodian. This will allow Josh to access better pay, and benefits for working in the Public Schools.



Audry at the LAC greeter desk, working on our website for Standing Together In Growing Mental Health Awareness (S.T.I.G.M.A.). Photo Captured by Chris G.

## The Face Behind S.T.I.G.M.A.'s New Look- Audry's Story

Audry is attending Southern New Hampshire University (SNHU) as a part time student. Audry is studying to earn a bachelor's degree in Graphic Design and Media Arts. In Audry's time at the Clubhouse, she has utilized their design software (CANVA) to hone her skills. With the Clubhouse's guidance, Audry has grown in her abilities of typing, filing and data entry skills. Audry has created several pieces of content for the Clubhouse's Facebook page and helps to manage it.

In 2024 the Clubhouse put on a Fundraiser and community event in partnership with the University of New England's Occupational Therapy Student Organization. The event was titled in Standing Together in Growing Mental Health Awareness (S.T.I.G.M.A.). Audry started working in the Career Development Unit to help with graphic design needs for this project. Audry likes working on the variety of social media tasks, so she chose to help promote and plan for The Clubhouse's upcoming STIGMA event. Audry has contributed by creating content such as the logo, a flyer, formatted a letter and the official website.

The Clubhouse provides an engaging environment where Audry can learn vital skills for future employment as well as a quiet place where she can study on her schoolwork efficiently. After completing her bachelor's degree, Audry plans to find a full-time job while studying toward a Master's in Communications.



Photo captured by Chris G.- A Mediterranean bowl with fruit served for lunch in January of 2025. This bowl was also vegetarian friendly.

## Wellness in The Back 40 Café

For the last few weeks, the Hospitality Unit has been brainstorming different foods and snacks that could be sold in The Back 40 Café daily to support colleagues in making healthier choices. They started with making banana and blueberry muffins, chicken noodle soup, and turkey wraps. We have a suggestion board in the café where colleagues can place their ideas for the upcoming week. Every Friday we plan for the following week and colleagues sign up with what they would like to help make. We have seen an increase in member involvement with making meals and a decrease in buying pre-packaged snacks.





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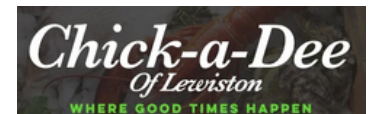
[www.lookingaheadclubhouse.org](http://www.lookingaheadclubhouse.org)



## Where We Work



**Hannaford**



**Goodwill**



## Tony Croteau -Unit Coordinator

I'm a lifelong native Mainer, living in the Greater Aub./Lew. area pretty much all my life except for 2 years. I'm also a lifelong self-learner, studying many varying topics and interests. Professionally, I've had many different types of jobs as an adult, doing everything from manual labor to running screen printing presses to office and case management. The last few years have seen me undertaking studies in Psychology, which really ramped up as I was finishing my Associate's degree at Central Maine Community College where I majored in General Studies. I then subsequently graduated from Southern New Hampshire University in 2023 with my Bachelor of Arts degree in Applied Psychology. I'm currently shopping around for graduate programs so I can earn my Master's degree in Clinical Mental Health Counseling to one day realize my dream of private practice counseling. After working for DHHS Office of Child and Family Services as a Permanency Social Worker right after graduating from SNHU, my journey led me here to the Clubhouse after some really negative policy changes at the DHHS. However, since being at Clubhouse, it's been an awesome experience that I am so thankful for and look forward to continuing being part of!

